


It's Episode 3 in our bonus series for Fall – vintage recipes mix with straight-up US history this week as we talk about how the Great Depression changed what newspapers did to extend assistance to housewives at the holidays. I'll be doing this throughout October, November, and December, for all of the seasonal holidays. Today's recipes come from the October 28, 1932 issue of The Miami Daily News. There's an unexpected twist, though – the newspaper doesn't focus on candy and sweets and silly games. With the Depression in full swing and lives in the balance, the Food Section of the paper focuses on more practical foods, and calls on Colonel Goodbody, a fictitious character from the A&P grocery store chain and NBC radio broadcasts, to provide recipes and menu ideas to help homemakers keep it festive yet affordable. It's a completely different view of the kitchen from that taken in the 1900s and 1910s. No frippery, no games, just nutritious food on a budget. But, there are doughnuts. See what you think of Depression-era food in this bonus episode, and a brief discussion of why it's critical to good research to learn about history, and the motivations and actions behind what your ancestors lived through.

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